



# Mental Health & Well-Being

You and your work are so important to the community and sometimes providing the best assistance possible to others starts with taking care of ourselves.

Your mental health and well-being are just as important to nourish as your body. Whether in the warehouse packing and shipping food; out in the community distributing or delivering food boxes to those with limited access to resources, or teleworking, it is important to recognize the unprecedented shifts happening within our charitable food system from COVID-19 and the accompanying emotional impact to everyone. The need to balance work from family is more important than ever and the stress and uncertainty of the next few months are real, concerning, and should not be ignored.

This is your friendly reminder to take care of yourself. Step away and unplug; recharge and decompress; even if for 15 minutes. We are getting so much information, which is changing all of the time, and making time for personal reflection and relaxation is “OK”.

In the column to the right are clickable resources shared by the network to help you keep a healthy body and mind. Please remember, we are all in this together.

Source: Feeding America

## Resources and Articles:

### Mental Health

- NPR: [How to Get Therapy When You Can't Leave the House](#)
- U.S. News: [Coping with Anxiety and Depression During the Coronavirus Pandemic](#)
- Harvard Business Review: [What your Coworkers Need Right Now is Compassion](#)

### Healthy Living

- Self-Care: [15 Ways to Practice Self-Care in the Time of Coronavirus](#)
- Nourishment: [How to Curb Emotional Eating During COVID-19 Pandemic](#)

### Helpful Websites and Toolkits

- SAMHA: [Disaster Responder Stress Toolkit](#)
- NAMI: [COVID-19 Resource and Information Guide](#)
- CDC: [Stress and Coping](#)